

K-12 PHYSICAL EDUCATION CURRICULUM



APPENDIX

DRAFT FOUR: APRIL 6, 2016

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TEACHER RESOURCES

Central Michigan University: Educational Materials Center Health related curriculum, reports, publications, and online resources.		www.emc.cmich.edu
The Coach's Clipboard Basketball tips and drills; with video clips.		www.coachesclipboard.net/VideoClips.html
Healthy Futures A grassroots movement sponsored by ConocoPhillips that is helping Alaska kids build more positive, lifelong physical fitness habits through two core programs: the Healthy Futures Activity Log and growing your attendance at recreational events.		www.healthyfuturesak.org
P.E. Central	The latest information about developmentally appropriate PE programs for youth available to health and PE teachers, parents, and students.	www.pecentral.org
	A database of over 1500 health and physical education lesson and assessment ideas submitted by over 1000 professionals.	www.pecentral.org/lessonideas/pelessonplans.html
	Classroom teacher/integrated lesson ideas designed to meet the needs of classroom teachers in using physical activity to teach academic content in the classroom or in an outdoor play area; also appropriate for physical education teachers who wish to teach integrated content.	www.pecentral.org/lessonideas/classroom/classroom.asp
	Assessment ideas on how to incorporate assessment into the classroom.	www.pecentral.org/assessment/assessment.html
PE Links 4 U A nonprofit program of Central Washington University dedicated to promoting active and healthy lifestyles.		www.pelinks4u.org
Project Adventure, Inc.	A teaching organization providing leadership in the expansion of adventure-based experiential programming with the aim of developing responsible individuals, productive organizations, and sustainable communities.	www.pa.org
	Books and publications.	www.pa.org/store/publications.php
SHAPE America: Society of Health and Physical Educators National professional organization that provides information for educators.		www.shapeamerica.org

<p>Peaceful Playgrounds Offers free webinars on a variety of topics (e.g., playground conflicts, bullying, physical activity ideas).</p>	<p>http://peacefulplaygrounds.com/physical-activity-in-schools</p>
<p>National Soccer Coaches Association of America Soccer tips and drills.</p>	<p>www.nscaa.com/education</p>
<p>Optimum Tennis Tennis tips and drills.</p>	<p>www.optimumtennis.net/tennis-volley-drills.htm</p>
<p>Badminton Information Badminton tips and drills.</p>	<p>www.badminton-information.com</p>
<p>Softball Performance Softball tips and drills.</p>	<p>www.softballperformance.com</p>
<p>Play Every Day Campaign Ideas and resources to increase public awareness about health risks of childhood obesity and the importance of physical activity to reduce and prevent obesity.</p>	<p>http://dhss.alaska.gov/dph/PlayEveryDay</p>
<p>Fuel Up to Play 60 An in-school nutrition and physical activity program launched by National Dairy Council and NFL, in collaboration with the USDA, to encourage you to lead healthier lives.</p>	<p>www.fueluptoplay60.com</p>
<p>Let's Move! Active Schools A national collaborative effort to provide programs, resources, professional development, and a customized action plan to help schools develop a culture in which physical activity and physical education are foundational to academic success.</p>	<p>www.letsmoveschools.org</p>
<p>Choose My Plate Ideas and tips to help create a healthier eating style that meets individual needs and improves health.</p>	<p>www.choosemyplate.gov</p>
<p>FitnessGram The official assessment of the Presidential Youth Fitness Program.</p>	<p>www.fitnessgram.net</p>
<p>GoNoodle Short, desk-side physical activities to help teachers manage classrooms and improve student performance (e.g., Brain Breaks).</p>	<p>www.gonoodle.com</p>
<p>Symbaloo A cloud-based application with Just Dance Kids gaming videos bookmarked for a fun fitness option.</p>	<p>www.symbaloo.com/mix/justdancekids1</p>
<p>U.S. Tennis Association (USTA) Tennis instruction, tips, and resources.</p>	<p>www.usta.com</p>
<p>New York Road Runner (NYRR) Running information and tips.</p>	<p>www.nyrr.org</p>
<p>The First Tee A junior golf program which provides educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.</p>	<p>www.thefirsttee.org</p>

<p>American Heart Association The AHA has tips, ideas, and resources to help kids and families live longer, heart-healthy lives.</p>	<p>www.heart.org/HEARTORG/HealthyLiving/HealthyKids/Healthy-Kids UCM 304156 SubHomePage.jsp</p>
<p>U.S. Dept. of Agriculture (USDA) Tips and resources for nutrition and healthy living.</p>	<p>www.usda.gov/wps/portal/usda/usdahome</p>
<p>EatSmart.org Nutrition education resources from the Washington State Dairy Council. Explore nutrition tools designed for educators to use in support of healthy eating for all ages.</p>	<p>http://nutrition.eatsmart.org</p>
<p>Cooperative Extension Service UAF resources for healthy living.</p>	<p>www.uaf.edu/ces</p>
<p>Kids Don't Float (KDF) A statewide injury prevention program developed to address Alaska's high youth drowning rate.</p>	<p>http://dnr.alaska.gov/parks/boating/kdfhome.htm</p>
<p>Snowlink Tips and advice for winter snow sports.</p>	<p>www.snowlink.com/winter-feels-good</p>
<p>Alliance for a Healthier Generation Resources and tips to solving the childhood obesity epidemic.</p>	<p>www.healthiergeneration.org</p>

SAFETY GUIDELINES

RATIONAL:

The Fairbanks North Star Borough School District (FNSBSD) is committed to ensuring a safe environment for all students and staff. Physical education safety is the responsibility of the entire community, not just students and teachers. Providing appropriate footwear and protective equipment and modeling safe play emphasizes the importance of safety both in and out of school.

Guidelines for motor skills (e.g., dribble, catch, kick, strike, throw, volley, jump, rhythm, locomotor, balance, rolling, weight transfer) are listed below. If not specifically noted, the guideline applies to all motor skills.

EQUIPMENT:

- Use equipment that is appropriate for the age, size, strength, and skill level of students.
- Use equipment that is in good condition.
- Shin guards are recommended for complete games (e.g., dribble-foot).
- Eyes goggles are required; tooth and mouth protection is recommended (e.g., strike).
- Knee pads are recommended for competitive games (e.g., volley).
- Use ropes of appropriate length for size and ability of students (e.g., jump).
- Provide landing mats for high jumping activities (e.g., jump).
- Use electrical equipment that is in good working order (e.g., rhythm, locomotor).
- Provide safety accommodations for specific equipment as needed (e.g., balance, rolling).
- Helmets, wrist guards and knee pads are required for inline or roller skating and biking.
- Use mats appropriate to equipment used (e.g., rolling, weight transfer).

CLOTHING/FOOTWEAR:

- Wear non-marking, secured athletic/court shoes.
- Wear no jewelry.
- Sun protection is recommended if playing outdoors.
- Wear weather-appropriate clothing.
- Shin guards are recommended for additional protection (e.g., kick).

FACILITIES:

- Play in an area that is free from debris and obstructions and that provides safe footing.
- Where an end wall is close to the baseline, place protective gym mats or padding beyond the *key* area.
- Where a stage is close to the baseline, place gym mats over the edge of the stage and extend them to the floor.
- Make sure the floor is dry.
- Use collapsible, soft cones to mark boundaries and lines.
- Provide adequate personal space (e.g., jump).

AQUATICS:

- Walk on deck.
- No gum.
- No open cuts/rashes.
- Always respect the call of the teacher and/or lifeguard, whether using his/her voice or whistle.

SUPERVISION:

Provide qualified on-site supervision

SPECIAL RULES/INSTRUCTION:

- Teach skills in proper progression.
- Base games and activities on skills that are taught.
- Modify activity and rules to suit the age and ability of students and the facilities/equipment available.
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- Clearly outline safety procedures to students.
- Provide appropriate warm-up and cool-down activities.
- Stress good sportsmanship behavior.
- Teach students to stop activity immediately when a specific signal is given.
- Stress student responsibility regarding the need for individual space (e.g., strike, jump, equipment {swing diameter}).
- Insist that students must never climb on or hang from indoor or outdoor goals or nets (e.g., dribble, catch, kick, strike, throw, volley).
- Stress appropriate body contact, with control, for the activity (e.g., dribble, catch, kick, volley, rhythm, locomotor, balance, rolling, weight transfer).
- When space is restricted, throw, and catch in the same direction (e.g., catch, throw).
- Clearly identify a crease area if using a goalie (e.g., dribble-foot, kick, strike).
- No sticks above the knee when swinging (e.g., floor hockey, strike).
- Students should not jump from anything higher than their shoulder height (e.g., jump).
- Stress safe practices in protecting neck and head in tumbling activities (e.g., rolling).
- Climbing: (e.g., weight transfer)
 - Place cargo net anchors (rope holders) out of climber's way.
 - Limit number of students climbing cargo net, rope, or climbing wall at one time. For climbing wall, limit should be one student per 4-foot panel.
 - Climb toward the center of the cargo net.
 - Do not race on any climbing apparatus.
 - Climb no higher than 10 feet from the floor on a climbing rope; a crash pad mat must be used underneath.
 - Maintain 3-points of contact with the climbing wall (i.e., move only one hand or one foot at a time).
 - Students must not walk on the mats beneath where someone is climbing.
 - Climbers must climb down, not jump off, the climbing wall.
 - Climbers must keep feet near the red safety-line when one is in use.

SUGGESTED SAFETY EQUIPMENT:

- Crash pad
- Face masks
- Mats (as appropriate; 4" thickness for climbing wall)
- Wrist guards
- *Extra safe* shoes
- Helmets
- Shin guards
- Eye goggles
- Knee pads
- Tooth/mouth protection

SAMPLE CURRICULUM SCOPE

K-5

Scope	Grades K – 1	Grades 2 – 3	Grades 4 - 5	SHAPE Standard Focus
Establishing an Environment for Learning	7% (5 days)	5% (4 days)	5% (4 days)	Standard 3
Space Awareness	9% (6 days)	5% (4 days)	3% (2 days)	Standard 2
Speed, Force, and Direction	4% (3 days)	4% (3 days)	5% (4 days)	Standard 2
Pathways, Shapes, and Levels	5% (3 days)	3% (2 days)	3% (2 days)	Standard 2
Locomotors	7% (5 days)	5% (4 days)	4% (3 days)	Standards 1-2
Traveling	4% (3 days)	5% (4 days)	4% (3 days)	Standard 1
Throwing and Catching	9% (6 days)	9% (6 days)	9% (8 days)	Standard 1
Movement Concepts (Strategies)			3% (2 days)	Standard 2
Kicking and Punting	5% (4 days)	7% (5 days)	8% (6 days)	Standard 1
Dribbling with Hands	4% (3 days)	4% (3 days)	4% (3 days)	Standard 1
Dribbling with Feet	5% (4 days)	5% (4 days)	5% (4 days)	Standard 1
Balancing	4% (3 days)	5% (4 days)	4% (3 days)	Standard 1
Rolling	5% (4 days)	7% (5 days)	6% (5 days)	Standard 1
Weight Transfer	3% (2 days)	4% (3 days)	6% (4 days)	Standard 1
Volleying	5% (4 days)	5% (4 days)	5% (4 days)	Standard 1
Striking with Rackets and Paddles	4% (3 days)	5% (4 days)	6% (4 days)	Standard 1
Striking with Hockey Sticks	3% (2 days)	3% (2 days)	4% (3 days)	Standard 1
Striking with Bats	3% (2 days)	3% (2 days)	3% (2 days)	Standard 1
Rope Jumping	3% (2 days)	3% (2 days)	4% (3 days)	Standard 1
Rhythms and Dance	4% (3 days)	4% (3 days)	4% (3 days)	Standard 1
Stations and/or Special Events	5% (4 days)	5% (4 days)	5% (4 days)	Standard 5
Total % (# of days):	99% (72 days)	97% (72 days)	97% (72 days)	

Note: This scope and sequence mainly reflects motor skills (Standard 1), but all throughout the scope of the year, instructors should include integration of the fitness components, nutrition concepts (Standard 2), knowledge and skills to maintain a healthy lifestyle (Standard 3), and personal and social behavior that respects self and others (Standard 4).

SUGGESTED PACING GUIDE

GRADES K-6

1 ST QUARTER			
WEEK	DAY	GRADE	FOCUS AREA
1	1	K-6	Establishing a Learning Environment
	2	K-6	
2	1	K-3	Establishing a Learning Environment
		4-6	Throwing and Catching
	2	K-1	Space Awareness (self-space)
		2-3	Space Awareness (self-space, general space)
		4-6	Throwing and Catching
3	1	K-1	Space Awareness (general space)
		2-3	Space Awareness (levels, pathways, directions)
		4-6	Throwing and Catching
	2	K-1	Space Awareness (introduction to directions, levels, pathways)
		2-3	Space Awareness (assess/check for understanding)
		4-6	Throwing and Catching
4	1	K-1	Traveling (locomotor movements)
		2-3	Traveling (locomotor sequences)
		4-6	Traveling (rhythmical patterns)
	2	K-1	Traveling (at different levels/pathways)
		2-3	Traveling (moving to rhythms)
		4-6	Relationships (with people)
5	1	K-1	Fitness Concepts (physical fitness is important to good health)
		2-3	Fitness Concepts (fitness has several components)
		4-6	Fitness Concepts (cardio-respiratory fitness, monitoring heart rate)
	2	K-1	Effort (time, speed)
		2-3	Effort (time, force)
		4-6	Space Awareness
6	1	K-1	Throwing (individual tossing, catching challenges)
		2-3	Throwing (overhand)
		4-6	Dribbling (change directions, speed of travel)
	2	K-1	Catching (individual catching from a launch board)
		2-3	Catching (watch, reach, pull)
		4-6	Dribbling (dribbling/passing with a partner)
7	1	K-1	Dribbling (bounce/catch, continuous bounce/dribble)
		2-3	Dribbling (focus on use of finger pads)
		4-6	Dribbling (dribbling/traveling in game situations)
	2	K-1	Dribbling (walk)
		2-3	Dribbling (traveling)
		4-6	Dribbling (dribbling/traveling in game situations)
8	1	K-1	Dribbling (one-hand, focus on using fingertips)
		2-3	Dribbling (traveling)
		4-6	Chasing, Fleeing, Dodging (partner/small group challenges)
	2	K-1	Chasing, Fleeing, Dodging (moving around obstacles)
		2-3	Chasing, Fleeing, Dodging (fleeing from a partner)
		4-6	Chasing, Fleeing, Dodging (team strategy)
9	1	K-6	Stations (skill review)
	2	K-6	

2nd QUARTER

WEEK	DAY	GRADE	FOCUS AREA
10	1	K-1	Jumping (exploring different ways to jump for distance/height)
		2-3	Jumping (self-turned rope)
		4-6	Jumping (Double Dutch)
	2	K-1	Jumping (over a swinging rope)
		2-3	Jumping (a turned rope)
		4-6	Jumping (individual jump rope task sheets/routine)
11	1	K-1	Fitness Concepts (benefits of physical activity)
		2-3	Fitness Concepts (cardio-respiratory endurance)
		4-6	Fitness Concepts (components of fitness)
	2	K-6	Special Event
12	1	K-1	Kicking (dribble using sides of feet/soft taps)
		2-3	Kicking (dribble looking forward, use sides of feet)
		4-6	Kicking (dribbling)
	2	K-1	Kicking (approach a stationary ball and kick)
		2-3	Kicking (partner passing, soft touch, follow through to partner)
		4-6	Kicking (partner passing on the move)
13	1	K-1	Effort (force)
		2-3	Effort (flow)
		4-6	Kicking (dribbling/passing in game situations)
	2	K-1	Effort (flow)
		2-3	Effort (flow sequences)
		4-6	Kicking (dribbling/passing in game situations)
14	1	K-1	Balancing (different body parts/supports)
		2-3	Balancing (in different shapes)
		4-6	Balancing (balance sequence)
	2	K-1	Balancing (traveling/stopping in balance positions)
		2-3	Balancing (inverted balances)
		4-6	Balancing (traveling into and out of balances by rolling)
15	1	K-1	Transferring Weight (feet to back, feet to hands)
		2-3	Transferring Weight (to hands across rope)
		4-6	Transferring Weight (cartwheels)
	2	K-1	Transferring Weight (onto and off of equipment)
		2-3	Transferring Weight (onto low apparatus)
		4-6	Rolling (from different directions/positions)
16	1	K-1	Rolling (log roll)
		2-3	Rolling (forward roll)
		4-6	Balancing, Transferring Weight, Rolling (create sequence)
	2	K-1	Rolling (back rocker progression)
		2-3	Rolling (back rocker)
		4-6	Balancing, Transferring Weight, Rolling (create sequence)
17	1	K-1	Fitness Concepts (aerobic endurance)
		2-3	Fitness Concepts (flexibility)
		4-6	Fitness Concepts (monitoring physical activities)
	2	K-1	Chasing, Fleeing, Dodging (traveling to dodge)
		2-3	Chasing, Fleeing, Dodging
		4-6	Chasing, Fleeing, Dodging
18	1	K-1	Traveling (locomotor movements)
		2-3	Traveling (with music)
		4-6	Traveling (performing rhythmical patterns)
	2	K-1	Traveling (imagery)
		2-3	Traveling (with music)
		4-6	Traveling (performing rhythmical patterns)

3 rd QUARTER			
WEEK	DAY	GRADE	FOCUS AREA
19	1	K-6	Establishing a Learning Environment
	2	K-6	
20	1	K-1	Volleying (striking with balloons: different body parts, individual)
		2-3	Volleying (flat surface to strike the ball)
		4-6	Volleying (forearm pass)
	2	K-1	Volleying (striking with balloons, partner)
		2-3	Volleying (quick feet)
		4-6	Volleying (overhead pass)
21	1	K-1	Volleying (striking with lightweight balls, individual)
		2-3	Volleying (underhand pattern)
		4-6	Volleying (quick feet)
	2	K-1	Volleying (striking with lightweight balls, individual)
		2-3	Volleying (underhand pattern, quick feet)
		4-6	Volleying (overhead pass)
22	1	K-1	Jumping (self-turned rope)
		2-6	Jumping (continue with jump rope skills from previous lessons)
	2	K-1	Jumping (jumping a turned rope)
		2-6	Jumping (continue with jump rope skills from previous lessons)
23	1	K-1	Fitness Concepts (muscular strength/endurance)
		2-3	Fitness Concepts (muscular strength/endurance)
		4-6	Fitness Concepts (activities that improve components of fitness)
	2	K-6	Chasing, Fleeing, Dodging
24	1	K-1	Space Awareness (direction)
		2-3	Space Awareness
		4-6	Space Awareness
	2	K-1	Space Awareness (levels)
		2-3	Relationships
		4-6	Relationships
25	1	K-1	Space Awareness (pathways)
		2-3	*
		4-6	*
	2	K-1	Chasing, Fleeing, Dodging (fleeing from a partner, dodging obstacles)
		2-3	*
		4-6	*
26	1	K-1	Striking with Racquets/Paddles (general explorations with balloons)
		2-3	Striking with Racquets/Paddles (flat vs. slant paddle)
		4-6	Striking with Racquets/Paddles
	2	K-1	Striking with Racquets/Paddles (general explorations with balloons)
		2-3	Striking with Racquets/Paddles (watch the ball)
		4-6	Striking with Racquets/Paddles
27	1	K-1	Striking with Racquets/Paddles (with lightweight balls)
		2-3	Striking with Racquets/Paddles
		4-6	Striking with Racquets/Paddles
	2	K-1	Striking with Racquets/Paddles (stations)
		2-3	Striking with Racquets/Paddles (stations)
		4-6	Striking with Racquets/Paddles
28	1	K-6	Stations
	2	K-6	

*Intentionally left open to provide scheduling flexibility.

4 th QUARTER			
WEEK	DAY	GRADE	FOCUS AREA
29	1	K-1	Throwing (at-large targets, overhand throw)
		2-3	Throwing (with a scoop)
		4-6	Throwing and Catching (in game situations)
	2	K-1	Catching (from a skilled thrower) <i>Use buddy classes or intermediate helpers.</i>
		2-3	Catching (with a scoop)
		4-6	Throwing and Catching (in game situations)
30	1	K-3	Fitness Concepts (reinforce concepts from prior lessons)
		4-6	Fitness Concepts (cumulative project that reinforces concepts from prior lessons)
	2	K-1	Traveling (traveling to a beat)
		2-3	Traveling
		4-6	Fitness Concepts (cumulative project that reinforces concepts from prior lessons)
31	1	K-1	Striking with Hockey Sticks (grip, stance, general exploration, individual)
		2-3	Striking with Hockey Sticks (grip, use both sides of stick to control)
		4-6	Striking with Hockey Sticks (dribbling, passing)
	2	K-1	Striking with Hockey Sticks (forehand pass)
		2-3	Striking with Hockey Sticks (passing Sideways to Target)
		4-6	Striking with Hockey Sticks (shooting)
32	1	K-1	Striking with Bats (grip, stance, swing)
		2-3	Striking with Bats (watch the ball)
		4-6	Striking with Bats (extend arms to swing flat)
	2	K-1	Striking with Bats (grip, stance, swing)
		2-3	Striking with Bats (side to field)
		4-6	Striking with Bats (shift forward)
33	1	K-6	Obstacle Course (rolling, weight transfer, balance challenges)
	2	K-6	
34	1	K-1	Kicking (to a partner)
		2-3	Kicking (review skills from previous lesson)
		4-6	Kicking (in game situations)
	2	K-1	Kicking (dribble)
		2-3	Kicking (passing in groups)
		4-6	Kicking (in game situations)
35	1	K-3	Throwing and Catching (frisbees, foptails)
		4-6	Throwing and Catching (frisbees)
	2	K-3	Throwing and Catching (frisbees, foptails)
		4-6	Throwing and Catching (frisbee golf)
36	1	K-6	Special Event
	2	K-6	Chasing, Fleeing, Dodging

Prepared by Nancy E. Winford, 2003-2004

COMMUNITY RECREATION & SPORTS RESOURCE LIST

The following resources are not intended to be all-inclusive nor are they an endorsement of any business, private or public.

DANCE		
Ballroom Dance Club of Fairbanks All ages and experience levels are welcome.	456-3331	www.ballroomfairbanks.org
Contra Borealis Dancers All ages and experience levels are welcome.	488-2001	http://contraborealis.org
Dance Theatre Fairbanks A dancing school for all ages	452-1113	www.dancetheatrefairbanks.com
Farthest North Square & Round Dance Center The Northern Lights Council of Dancers is composed of Square, Ballroom, Country, Contra, Middle East, Zumba, and Hip Hop dance clubs. Members have joined together with affiliates to encourage new dancers and coordinate special events to represent dancing as a wholesome and enjoyable recreation.	479-4522	www.fairbanks-alaska.com/dance-center.htm
Mo Holland Dance Studio Offers Jazz, Tap, and Ballet dance classes for ages three and up.	452-5678	www.mohollanddance.com
North Star Ballet A ballet school for all ages, and also offers a Creative Movement Dance Camp and Pilates classes.	451-8800	www.thenorthstarballet.org
ICE SPORTS		
ARCTIC LIONS HOCKEY ASSOCIATION Competitive hockey for ages 8-17; developmental program for ages 4-7.	457-5810	www.hometeamsonline.com/teams/?u=ARCTICLIONS&s=hockey
Fairbanks Amateur Hockey Association Recreational youth hockey for boys and girls, ages 4-17; competitive youth hockey for ages 8-17; developmental girls program for ages 12 and under; competitive girls program for ages 19 and under.	456-3242	http://fahaonline.com
Fairbanks Curling Club Youth, adult, and parent/child leagues available.	452-2875	www.curlfairbanks.org

Fairbanks Figure Skating Club Ice skating lessons for all ages and levels, including hockey; major figure skating shows, yearly recitals, and competitions.	457-5283	https://sites.google.com/site/fairbanksfigureskatin/
Ft. Wainwright Ice Center Open skating; check website for modified hours.	353-9026	http://wainwright.armymwr.com/pacific/wainwright/categories/sports-and-fitness
Polar Ice Skating Center Open skating, learn to skate programs for all ages, and youth hockey power skating.	488-9525	www.alaska.net/~polarice
MARTIAL ARTS TRAINING		
Arctic Taekwondo Academy Offers Tae Kwon Do classes for youth and adults; after school Martial Arts program and summer/winter camps also available.	479-7886	http://dojos.info/Arctic-Taekwondo-Academy
Fairbanks Shotokan Karate ISKF Offers Shotokan Karate classes for youth and adults.	451-0038	http://dojos.info/FairbanksShotokanKarateClub
Fairbanks Tae Kwon Do Offers Tae Kwon Do classes for all ages.	457-3920	www.fairbankstaekwondo.net
Fairbanks Tang Soo Do Karate Offers Traditional World Tang Soo Do classes for all ages.	479-3256	www.worldtangsoodo.com/studio/StudioProfile.php?searchfile=otm1013.htm%20&%20month=October%20&20year=2013
Fairbanks Wing Tsun Offers Grandmaster Leung Ting's Wing Tsun system for all ages.	451-9853	www.wingchun.org/country/usa/ak.html
International Karate Association & The College of Martial Arts Offers Japanese Karate, Aikido, Kung Fu for all ages.	474-8080	www.ikaalaska.com
Midnight Sun Martial Arts Academy Offers classes for youth and adults, cardio aerobics, black belt programs, family classes, and a pre-school program.	457-5425	www.msmaa.com
Northern Tai Chi Chuan Association Offers Tai Chi Chuan classes for all ages.	479-0493	www.facebook.com/Northern-Tai-Chi-Chuan-Association-132540770136586/
North Pole Martial Arts Offers Taekwondo classes for all ages.	488-2821	www.facebook.com/northpolemartialarts
North Star Taekwon-Do Offers Tae Kwon Do classes for youth and adults; after school Martial Arts program and summer/winter camps also available.	456-3484	http://dojos.info/North-Star-Taekwon_DO/

Orion's Belt School of Self Defense Various youth and adult programs available.	456-2358	www.orionsbeltalaska.com
Taoist Tai Chi Society of the USA Tai Chi classes for all ages providing improved circulation, better balance, reduced stress, and increased strength and flexibility.	456-8827	www.taoist.org/usa/locations/fairbanks/
SNOW SPORTS		
Birch Hill/Borough Parks & Recreation Cross country skiing for all ages.	457-4488	http://co.fairbanks.ak.us/parksandrecreation/facilities/BH/ Weather Conditions: www.nscfairbanks.net/weather
Birch Hill/Ft. Wainwright Downhill skiing, snow boarding, and a tubing hill. Spring Break ski camp includes lessons, ski rental, lift ticket, ski challenge, awards ceremony, <i>Kids Feed</i> , and a t-shirt. (Reservations required.)	Main 353-1998 Ski School 353-9131	http://wainwright.armymwr.com/pacific/wainwright/programs/ski-snowboard Snow Conditions/Ski Report/Hours of Operation: 353-7053
Fairbanks Alpine Ski Club (FASC) A youth and adult alpine ski racing program based at Ski Land, Moose Mountain, and Birch Hill ski areas.	460-7239	www.fairbanksalpine.org
Moose Mountain Ski Resort Skiing and snowboarding lessons, developmental skills program and competitive racing. Home of the Moose Mountain Alpine Ski Team (MMAST)	479-8362	www.shredthemoose.com Snow Conditions/Ski Report: 459-8132
Mt. Aurora/Ski Land Downhill skiing, and snowboarding. Home of the competitive racing team: Fairbanks Alpine Ski Team (FAST)	456-7669	www.skiland.org Snow Conditions/Ski Report: 389-2314
Nordic Ski Club Cross country ski instruction for all ages.	474-4242	www.nscfairbanks.org
Salcha Ski Club Offers cross country skiing, lesson, and training/conditioning sessions.	488-3987	www.facebook.com/Salcha-Ski-Club-131562820231291/info/?tab=page_info
Two Rivers Ski Club Cross country skiing for all ages	488-1667	www.facebook.com/TwoRiversSkiClub/
SWIMMING		
Hamme Pool Open swim times for ages 2 and up. Home of the Midnight Sun Swim Team.	459-1085	http://co.fairbanks.ak.us/parksandrecreation/facilities/aquatics/hammepool.htm
Mary Siah Pool Open swim times and lessons.	459-1081	http://co.fairbanks.ak.us/parksandrecreation/facilities/aquatics/msrc.htm
Midnight Sun Swim Team Competitive swimming for all ages.	456-8326	www.midnightsunswimteam.org
North Pole Aquatic Club (NPAC) Competitive swimming for all ages.	488-9401	www.northpoleswimming.org
Sting Ray Swim Team Competitive swimming for all ages.	978-2821	www.teamunify.com/Home.jsp?team=aksst

Wescott Pool Open swim times and lessons. Home of the North Pole Aquatic Club swim team.	488-9401	http://co.fairbanks.ak.us/parksandrecreation/facilities/aquatics/wescott.htm
TEAM/ORGANIZED SPORTS		
American Legion Baseball Baseball league for all ages.	488-6632	http://alaskalegion.com
Fairbanks Youth Football of Fairbanks Football and cheerleading open to boys and girls ages 5-14.	451-6335	www.fairbanksyouthfc.org
Arctic Bowl Saturday youth leagues and open bowling.	456-7719	http://arcticbowl.com
Fairbanks Cycle Club Bicycling enthusiast group offering group rides and races for all ages.	459-8008	www.fairbankscycleclub.org
Fairbanks Golf Courses Lessons, leagues, and tournaments available for all ages.	353-6223	Chena Bend Golf Course & Lodge http://wainwright.armymwr.com/pacific/wainwright/programs/chena-bend-golf-course
	479-6555	Fairbanks Golf & Country Club www.fairbanksgolfcourse.com
	457-4653	North Star Golf Club www.northstargolf.com
	455-4368	Indoor Golf & Batting Cages of Fairbanks www.facebook.com/indoorgolfandbattingoffairbanks/?rf=116605701691645
Fairbanks Tennis Association Tennis education opportunities for all ages including clinics for school programs.	455-4301	www.fairbankstennis.org
Fairbanks Youth Soccer Association Winter indoor and summer outdoor soccer for boys and girls of all ages.	456-3976	www.fysasoccer.org
Fairbanks Youth Volleyball Volleyball lessons and leagues for all ages.	1-888-988-7985	www.usyvl.org
Interior Girls Softball Softball leagues available for all ages.	456-3371	www.igsaak.org
Interior Youth Basketball Basketball leagues for boys and girls grades K-12.	490-4492	http://interioryouthbasketball.com
Interior Youth Wrestling Wrestling training and leagues open to boys and girls ages 5 and up.	458-0980	www.fairbankswrestling.com/home.php
OTHER ACTIVITIES		
Ascension Rock Club Indoor rock climbing opportunities for individuals and groups.	452-5462	www.ascensionrockclub.com

Alaska Club Offers recreational/sports camps for students during winter, spring and summer breaks.	452-6801	www.thealaskaclub.com
Big Dipper Offers ice skating, recreational hockey, walking, and running.	459-1104	http://co.fairbanks.ak.us/parksandrecreation/facilities/bigdipper/default.htm
Far North BMX Bicycle Motocross Racing for all ages.	455-4850	www.usabmx.com/tracks/1108
Golden North Archery Association Offers lessons, special events, and competitions for all ages.	451-0720	www.facebook.com/GoldenNorthArchery
Gymnastics. Inc. Gymnastics classes for ages 2 and up. Also offers preschool/kindergarten program with foreign language options.	456-2263	www.facebook.com/Gymnastics-Inc-Bright-Beginnings-Learning-Center-650500941657275
King's Nock Archery Offers two ranges.	457-1792	No website available
North Pole Archery Offers indoor range with 24 lanes.	490-4684	www.facebook.com/North-Ole-Archery-supply-161424190548697
Northern Lights Gymnastics & Dance Gymnastics, tumbling, dance, and cheerleading for all ages.	490-6544	No website available.
Running Club North Offers many family friendly events including: snowshoe races, triathlons, single/series races, and marathons.	456-7762	www.runningclubnorth.org
UAF Athletic Department/Youth Camps Offers sport camps at various times throughout the school year (winter/spring break).	474-6814	www.uaf.edu/uaf/community/programs
U.S Air Force, Eielson Information and schedules for a variety of recreation and sport activities.	377-1129	Arctic Nite Lanes (Bowling Center) www.eielsonforcesupport.com/index.php?option=com_content&view=category&layout=blog&id=61&Itemid=104
	353-5962	Armed Services YMCA www.asymca.org/alaska
	377-6662	Health & Wellness Center www.eielson.af.mil/AboutUs/FactSheets/Display/tabid/1862/Article/382363/health-and-wellness-center.aspx
	377-1925	Fitness Center (Baker Field House) www.facebook.com/BakerFieldHouse
	377-1266	Eielson Swimming Pool www.eielsonforcesupport.com/index.php?option=com_content&view=category&layout=blog&id=47&Itemid=155
	377-3194	Youth Sports & Fitness, Fit Factor www.facebook.com/EielsonYouthPrograms

U.S. Army Child & Youth Services, Fort Wainwright Offering team and individual sports for youth, ages 5-18; and Start Smart Sport Development program for ages 3-7.	361-7482	http://wainwright.armymwr.com/pacific/wainwright/categories/cys-services
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